

B-420

ASSEMBLY INSTRUCTIONS

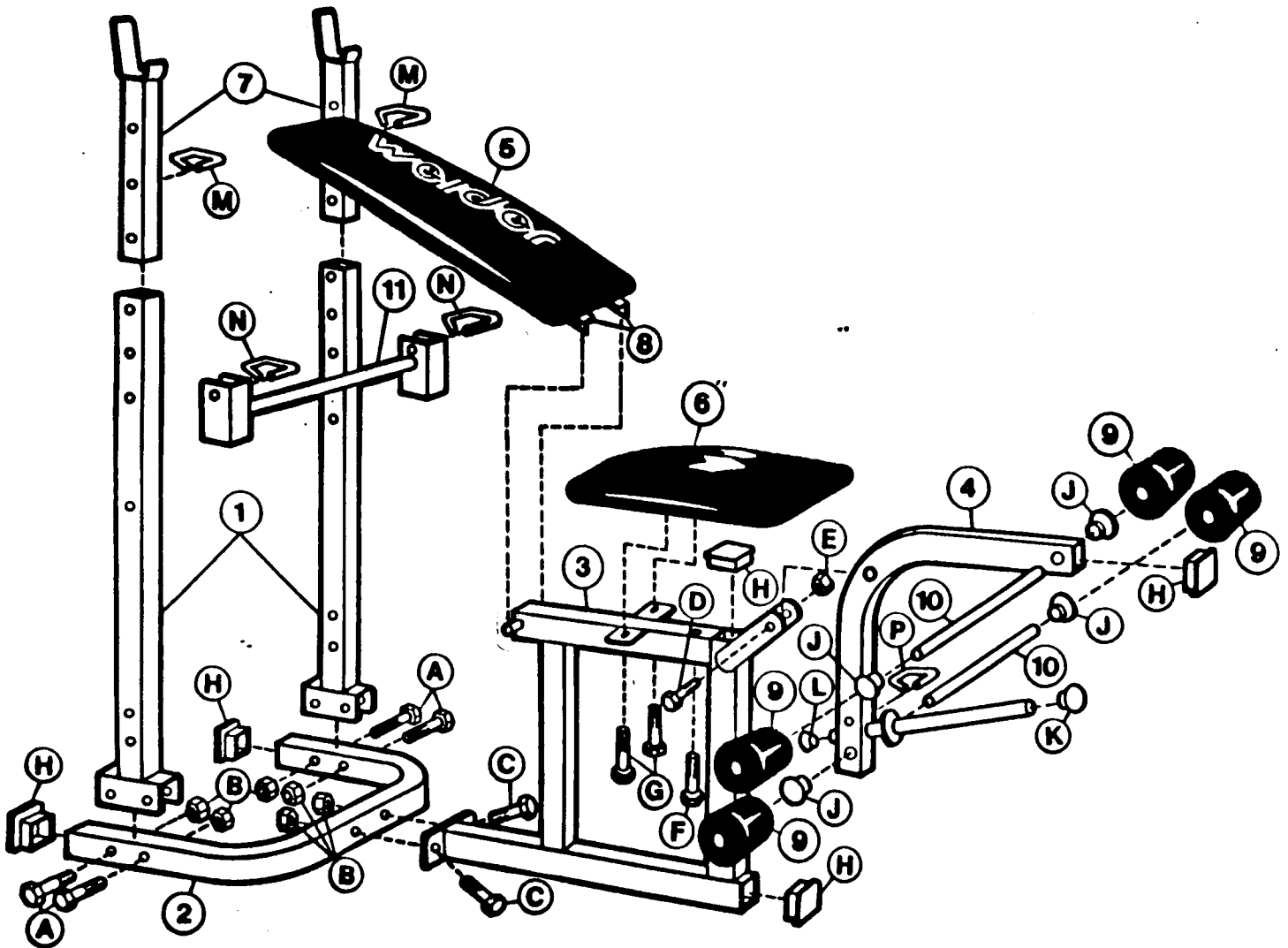
• REPLACEMENT PARTS

weider®

WEIDER HEALTH AND FITNESS
21100 Erwin Street, Woodland Hills, California, U.S.A. 91367

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B-420**PARTS LIST**

DIAGRAM	NUMBER	PART NAME	NO. REQUIRED	ORDERING NUMBER
1		UPRIGHT 4.10	2	CA10-0213
2		U-FRAME 3.40	1	CA10-0124
3		FRONT FRAME 5.10	1	CA10-0125
4		LEG CURL 3.10	1	CA10-0126
5		BACKREST 7.20	1	CA10-0322
6		SEAT 5.00	1	CA10-0323
7		ADJUSTABLE UPRIGHT 2.25	2	CA10-0214
8		LONG ANGLE IRON 1.52	2	CA10-6065
9		FOAM PAD .68	4 <i>B180412</i>	CA10-0428
10		PAD BAR .40	2	CA10-6066
11		BACKREST ADJ BAR 1.98	1	CA10-6067
		HARDWARE BAG 3.45	1	CA10-5785
A		5/16" x 2 3/4" Hex Head Bolt .07 ea.	4	HH-5058
B		5/16" Lock Nut .04	6	HH-5012
C		5/16" x 2 1/2" Hex Head Bolt .08	2	HH-5053
D		3/8" x 3" Hex Head Bolt .09	1	HH-5059
E		3/8" Lock Nut .05	1	HH-5013
F		1/4" x 2 1/2" Machine Screw .08	1	HH-5044
G		1/4" x 3/4" Machine Screw .06	6	HH-5032
H		2" Sq. Plastic Cap .09	5	AA-8002
J		3/4" Rd. Plastic Cap .04	4	AA-8004
K		1" Rd. Plastic Cap .04	1	AA-8005
L		1" Cover Cap .10	1	AA-8070
M		Locking Pin (small) .23	2	WW-7002
N		Locking Pin (large) <i>Adjs UPRIGHT</i> .23	2	WW-7025
P		Locking Pin (leg curl) .26	1	WW-7012
		Decal-Upright .10	2	DE-4018
		Instruction Manual	1	IN5588

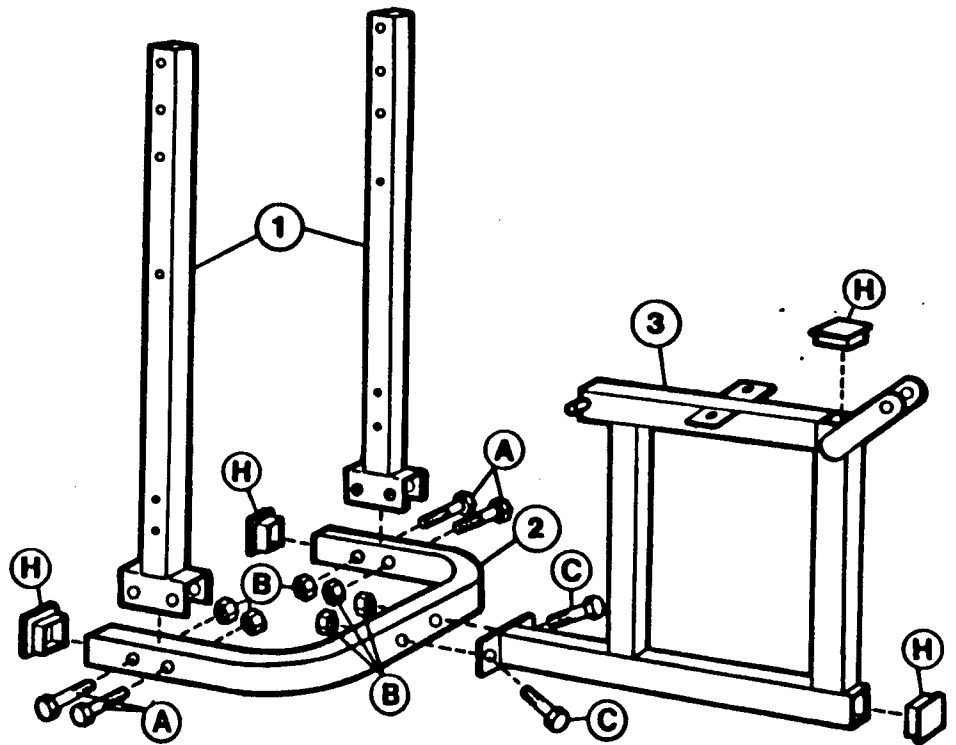
REPAIR PARTS AND SERVICE

All of the parts for the Weightbench can be ordered from Welder Health and Fitness, Parts Service Dept., 900 West St. John St., Olney, Ill. 62450. When ordering, parts will be sent and billed at the current prices. Prices may be subject to change without notice. Standard hardware items are available at local hardware stores.

If you find this product to have either a defective or a missing part, write the above address or for faster service phone Customer Service at 1-800-423-5502

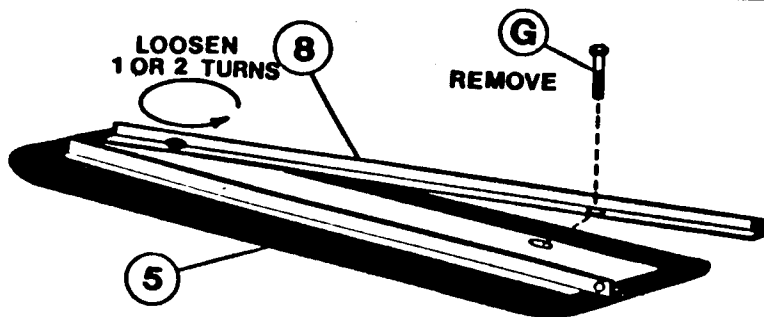
ALWAYS include the following information when ordering parts:

- Model Number
- Name of Part
- Ordering Number



STEP 1 - FRAME ASSEMBLY

Lay out all frame pieces: 2 UPRIGHTS (1), U-FRAME (2), and FRONT FRAME (3). To assemble, first align bolt holes on upright bracket with bolt holes on U-FRAME (2). Secure with 2 HEX HEAD BOLTS (A) and 2 LOCK NUTS (B). Repeat to attach opposite UPRIGHT (1). Slide FRONT FRAME (3) toward U-FRAME (2) aligning bolt holes on front frame bracket with bolt holes on u-frame front. Secure with 2 HEX HEAD BOLTS (C) and 2 LOCK NUTS (B). Insert 2 SQUARE PLASTIC CAPS (H) into ends of U-FRAME (2), 1 SQUARE PLASTIC CAP (H) into lower frame piece of FRONT FRAME (3), and 1 SQUARE PLASTIC CAP (H) into upright frame piece of FRONT FRAME (3). Tighten all bolts.



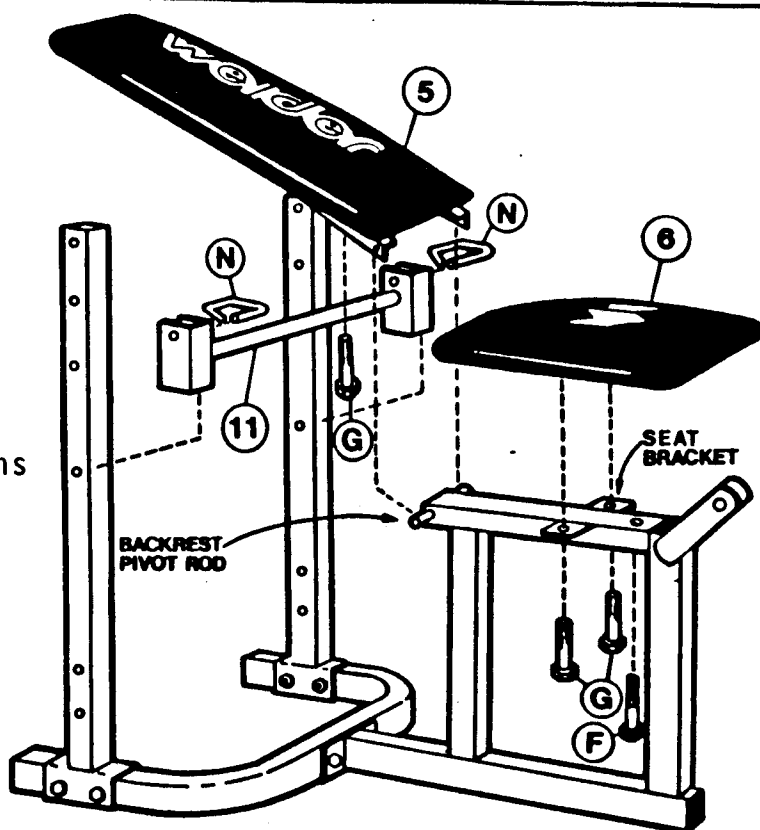
STEP 2 - BACKREST PREPARATION

Note: The lower or attachment end of the BACKREST (5) can be identified quickly by the LONG ANGLE IRONS (8). The LONG ANGLE IRONS (8) will be extended approximately two inches beyond the BACKREST PAD (5).

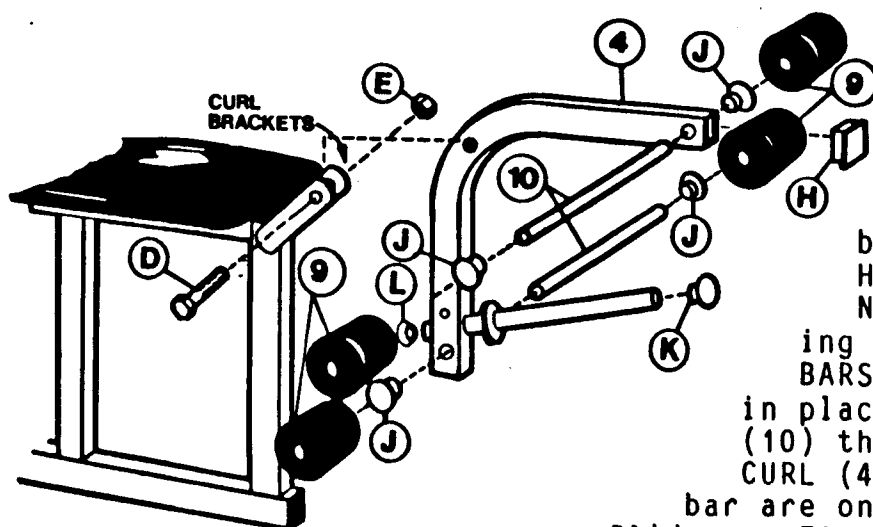
Turn BACKREST (5) over to expose work area. Both LONG ANGLE IRONS (8) have been fastened to BACKREST (5) for shipment. One LONG ANGLE IRON (8) must be loosened in order to assemble BACKREST (5) to front frame pivot rod. The lower MACHINE SCREW (G) must be removed while the upper MACHINE SCREW (G) is only loosened. The LONG ANGLE IRON (8) can now swing freely from the lower end of BACKREST (5).

STEP 3 - CONNECTING BACKREST & SEAT TO FRAME

BACKREST: To aid in assembly, first position BACKREST ADJ. BAR (11) over one of the hole patterns on UPRIGHTS (1) and secure with 2 LOCKING PINS (N). With LONG ANGLE IRON (8) free, lower BACKREST (5) to backrest pivot rod. Slide the secured LONG ANGLE IRON (8) onto one side of pivot rod. Swing the free LONG ANGLE IRON (8) back to its original position and onto the opposite end of the pivot rod. See Detail A. Replace MACHINE SCREW (G) that was removed in Step 2 and tighten all machine screws.



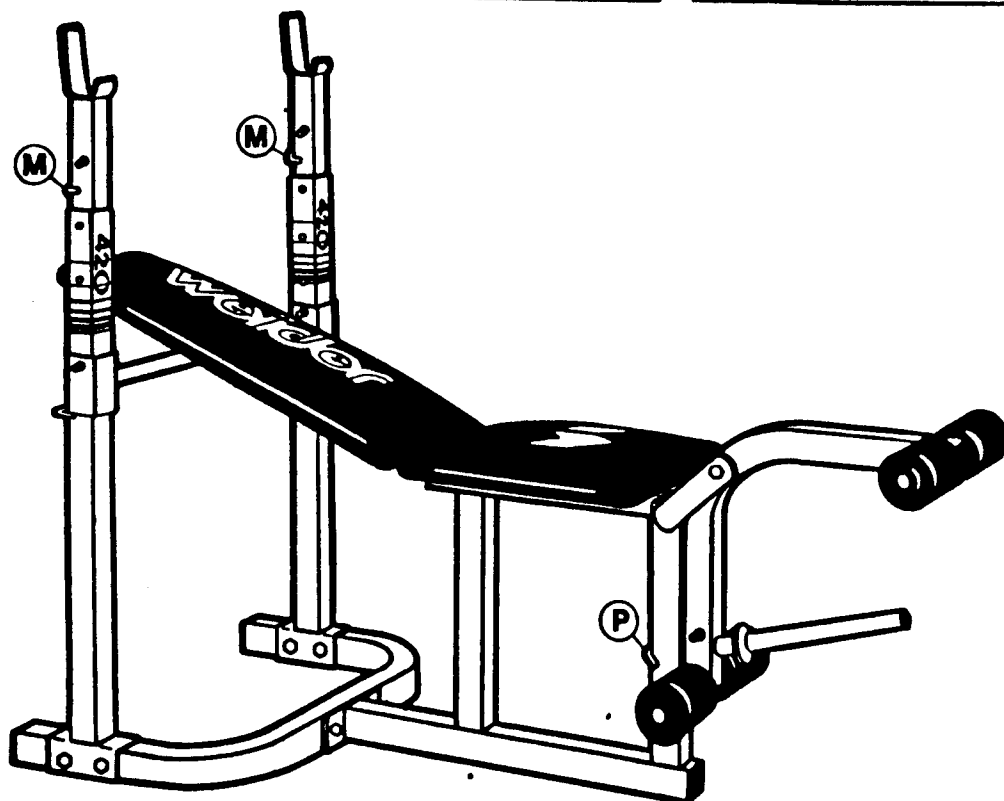
SEAT: With SEAT (6) right-side up, lower to seat brackets. Align bolt holes. Insert 2 MACHINE SCREWS (G) through seat bracket holes into SEAT (6). Insert 1 MACHINE SCREW (F) through bolt hole in front frame into SEAT (6). Tighten all machine screws.



STEP 4 - LEG CURL

Place LEG CURL (4) between leg curl brackets on front frame and align bolt holes. Secure with HEX HEAD BOLT (D) and LOCK NUT (E). Repeat the following instructions until all PAD BARS (10) and FOAM PADS (9) are in place. First, slide PAD BAR (10) through proper hole in LEG CURL (4) until equal amounts of bar are on both sides of LEG CURL (4).

Slide one FOAM PAD (9) onto each end of PAD BAR (10). Insert ROUND PLASTIC CAP (J) into each end of PAD BAR (10). Insert SQUARE PLASTIC CAP (H) into end of LEG CURL (H). Insert ROUND PLASTIC CAP (K) into weight pin on LEG CURL (4). Place COVER CAP (L) over rear extended piece of weight pin.



STEP 5 - ADJ. UPRIGHTS & LOCKING PINS

LOCKING PINS (M) are used to adjust the height of the adjustable uprights. LOCKING PIN (P) is used to lock the leg curl for doing special exercises.

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WARNING CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.